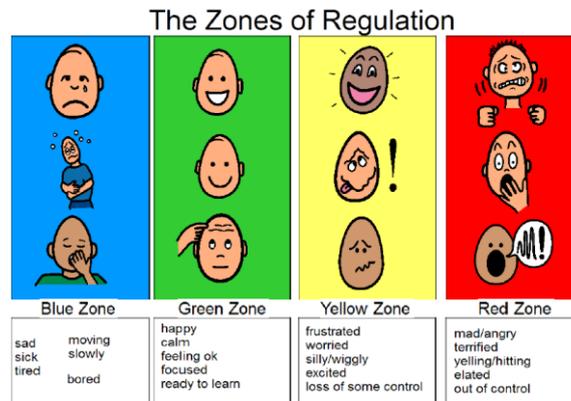


The Zones of Regulation



The Zones of Regulation is an emotional regulation programme that is currently being rolled out across all P1 and P2 classes. The programme aims to support children in their development of the following;

- Understanding a range of emotions
- Expanding children’s vocabulary of emotion words
- Identifying which zone the child is in (how they are feeling)
- Identifying ‘tools’/strategies that help children to feel ‘calm’ or back in the green zone (i.e. self-manage/regulate their emotions)

The ‘Zones’ puts our feelings into 4 different coloured zones; blue, green, yellow, red. It is an approach that emphasises that it is ok for us to be in any of the zones, and helps to normalise our feelings, so that children don’t feel that there are ‘good feelings’ and ‘bad feelings’. We talk about wanting to be in the green zone as much as possible, as this is when we feel ‘calm’, ‘happy’ or ‘ready to learn’. We want children to be able to identify how they are feeling and work towards being able to manage these feelings independently.

You may have heard your child talking about their feelings at home, and explaining the different zones. You can support your child at home with their feelings by doing the following;

- Talk about how you are feeling/what has made you feel that way, e.g. “I’m feeling tired because I had a busy day at work today.” Your child may be able to tell you which zone you are in (e.g. blue zone)
- Talk with your child about the different things you do to help you relax/feel calm (get back into the green zone), e.g. “When I’m tired I have a drink of water, or I go for a walk.”

Please get in touch with the school if you would like any further information about the Zones of Regulation.